



Balloon Belly Breathing



Rose had been playing all morning. She was a whirl of giggles and quick feet!

But now, all that energy was making her feel a little wiggly inside.



She tried to
settle down on
the rug, but her
mind felt like a
room full of
bouncy balls. "Too
much! Too fast!"
she sighed.



Then, Rose
remembered her
secret trick, the
one her grandma
taught her:

Balloon Breathing!



She closed her eyes softly and put her hands right on her tummy. "This is where the balloon lives," she whispered.



"First, we
breathe IN,"
Rose said. She
imagined a big,
round, yellow
balloon tucked
right behind her
belly button.



She breathed in so slowly, the yellow balloon filled up, up, up with air. Her tummy got big and soft, like a perfect, bouncy beach ball.



She held the air
for just a tiny
moment... one,
two, three. The
balloon was
perfectly full!



"Now, we breathe
OUT!" Rose let
the air go, long
and slow, out
through her
mouth. A gentle
'whoosh.'



The yellow balloon
got smaller,
smaller, and
flatter. Her
tummy felt soft
and empty again,
ready for a new
breath.



She did it again
and again, yellow
balloon filling,
then emptying.
Soon, Rose's mind
felt quiet, and
her body felt
still. "Ready to
play again!" she
smiled.

The End